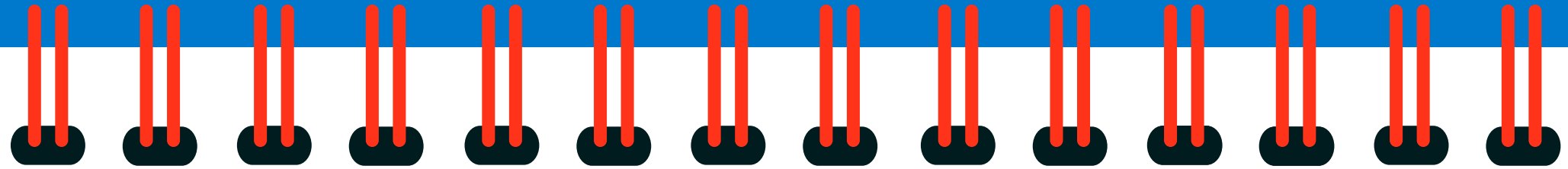


Wondering how you can practice heart health on a budget through meal planning, grocery shopping, food preparation, and forming sustainable habits?

Explore the clickable links in this calendar, and click in the blue boxes to mark off each task you complete, or scan here for the electronic version:



HEART HEALTH ON A BUDGET

	<p>To plan with ease, try a free meal planning app like Mealime, or a meal planning template like this one.</p>	<p>Need inspiration for heart-healthy meals to put in your plan? Check these out:</p> <ul style="list-style-type: none"> ▶ Heart-healthy meals ▶ Dinner plans ▶ Balanced recipes 	<p>Use the Find a Doctor tool to locate a registered dietitian who can help plan meals to achieve specific health goals. Learn more about the dietitian benefit for Blue Cross VT insurance members.</p>	<p>Avoid battles with picky eaters by including your family in meal planning. If you have kids, select at least one night each week where they get to choose the family meal and help prepare it.</p>	<p>Simplify planning by designating one day each week for a certain type of meal. For example, make Tuesdays taco night. Then mix it up with new taco recipes, or a rotating schedule of favorites.</p>	
<p>This week when you get your groceries home, try washing your produce right away as opposed to putting everything in the fridge to be washed later.</p>	<p>Prepare your produce by using the skills learned in week 4:</p> <ul style="list-style-type: none"> ▶ Basic vegetable cutting skills ▶ Know how to use a knife 	<p>Store your prepared vegetables and fruit at eye level in your fridge, so you are more likely to grab them first when looking for a snack.</p>		<p>Try a new healthy recipe.</p>		<p>Ask a family member to join in on the meal prep. Follow these tips if you are involving kids.</p>
<p>Create a Tiny Habits Recipe using BJ Fogg's Tiny Habits method. Here are some examples to inspire you.</p>		<p>Set one small nutrition goal for yourself this week. For example, "I want to drink one glass of water each day prior to my cup of coffee in the morning."</p>		<p>Try eating a meal without any distractions around you, including TV, phones, and computers. This can help you practice mindful eating.</p>	<p>Check in on your progress in meal planning, grocery shopping, and food prep.</p>	<p>Practice mindful eating by not skipping meals, serving modest portions, savoring small bites, chewing thoroughly, and engaging all your senses.</p>
<p>Complete the American Heart Association's My Life Check, or evaluate which areas of Life's Essential 8™ you would like to focus on.</p>		<p>Add a vegetable or fruit to one of your meals.</p>	<p>Have an alcohol-free day.</p>		<p>Choose a cooking oil that contains more of the "better-for-you" fats and less saturated fat.</p>	<p>Replace one meat entree with a plant-based protein source.</p>
	<p>Assess your grocery spending at Spend Smart. Eat Smart.® and set a budget.</p>	<p>Download your grocery store's app to virtually clip coupons, view weekly specials, and shop online.</p>	<p>Use unit pricing to identify the best deal among different brands and sizes of the items you want.</p>	<p>Dedicate a set day to shop, and stick to your shopping list.</p>	<p>Find out the best day to shop by asking your store when produce is delivered.</p>	

Questions? Contact your Health and Wellness Consultant, or click [here](#) for more information.